

#OneIsTooMany

PREVENT YOUTH SUICIDE.

17.5%**OF SECONDARY STUDENT RESPONDENTS**

reported suicidal ideation in 2025

**WE WERE LOSING MORE THAN****1****YOUNG PERSON TO SUICIDE**
every week in 2025**SUICIDE RATE**OF YOUTH AGED 15 - 24
remains a critical concern in 2025**11.7****1**

LOOK OUT FOR SIGNS



Noticing changes in life habits, energy levels, what they say and even how they think, can indicate they may have something to share. Regularly checking-in with them and letting them know you've noticed something are good ways to start conversations with them.

BE NON-JUDGEMENTAL AND RESPECTFUL



Being non-judgemental does not mean we have to agree with all of their beliefs or behaviours no matter what, but we can still show respect and validate their experiences. Everyone deserves to feel heard and understood.

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ENCOURAGE THEM TO SEEK PROFESSIONAL HELP

This is not a sign that you "cannot handle" their situation, but it is important for us to set boundaries and know our limits. To be more involved, you can offer to accompany them to their appointment or help them to think about what they might share with the professional. Here are some things you can help them note down:

- Differences in sleeping and eating habits
- Recent thoughts and emotions, and how they acted on them (their behaviours)
- When they first noticed their daily life was being disrupted

If they are willing, they can also let you know how the sessions are going and if they would like to continue with them.

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APPROACH WITH EMPATHY & IMPARTIALITY

Avoid using language that blames or portrays suicide as a selfish or weak act. Understand that individuals considering suicide often face immense emotional pain, distress and loneliness.

ACT WITH KINDNESS



A simple word or a short conversation can make a big difference. It can be as simple as showing appreciation for someone's outfit / style or thanking them for contributing to something. Let them know they are seen, and build each other up bit by bit to build their confidence.

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WHAT YOU CAN DO AS YOUTH

SHOW CARE

Stress affects everyone, especially if they don't have a reliable support network. Open a conversation by sharing anything you've noticed about them and adding that you want to know what you can do to be there for them.



TAKE A CHILL MOMENT AND CREATE A SAFE SPACE

Try to actively ask them to hang out. It might seem hard to find time when everyone has a lot going on and they don't seem to be in the mood to socialise. However, taking a break not only helps relieve ourselves from some of the stress we're facing, it is also an opportunity to create a safe space for them to convey their helplessness or anything that's bothering them.



NORMALISE MENTAL HEALTH EXPERIENCES

We all have mental health. Validate someone when they share about their mental health struggles by acknowledging that it's okay for them to feel this way. Avoid overreacting or judging how a friend reacts to the situation.



OFFER PERSPECTIVE

It can be easy for them to feel overwhelmed by assignments and studies, and get nothing done as a result. On the other hand, they may fixate on one thing so much that they neglect everything else - including food and sleep. Help them organise by creating a task list and working with them on a schedule that offers plenty of rest and relaxation.

BE HERE TO HEAR

Someone in need of support may not always ask for it themselves. Check in occasionally with questions like 'how's it going?' or 'hey, you okay?' to express you're available for a conversation if they need it - that your door is open.



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PREVENT YOUTH SUICIDE.

When speaking to friends and classmates,

DO NOT

Assume it is done for attention, to be dramatic, or to be manipulative.

INSTEAD

Consider it may be a sign that they need support, but they used an inappropriate or unhealthy way to express themselves.

DO NOT

Openly ask about their intentions of suicide in front of other people or in a public space.

INSTEAD

In a private and safe "space", directly ask if they have any thoughts of suicide / death, and provide them an opportunity to open up to you. Let's bust the myth: talking about suicide doesn't make someone want to do it more.

When speaking with someone who may be in distress:

- Are you going to do something silly?
- Are you thinking of ending it all?
- You're not going to do anything serious to yourself, are you?

Avoid saying

Instead, try

- Are you having thoughts of suicide?
- Are you feeling suicidal?
- Have you thought of ending your own life?

Why?

By asking directly, you are showing that you are prepared to support them and will not be dismissive or make fun of them. Using the word 'suicide' helps to clear up any ambiguity.

In general, when writing or talking about suicide...

Instead of...

commit / committed suicide

Try...

died by suicide / death by suicide
lost their life to suicide
took their own life / ended their life

Why?

"Commit" implies suicide is a sin or crime, reinforcing the stigma that it's a selfish act and personal choice. Using neutral phrasing helps strip away the element of shame/blame.

successful / unsuccessful suicide
completed / failed suicide

attempted suicide
have suicidal thoughts / ideations
engaged in self-harm behaviours

The idea of a "successful" suicide is inappropriate because it glorifies the experience as having a positive outcome.

[Name] is suicidal

[Name] is thinking of suicide / has suffered through suicidal thoughts / has experienced suicidal ideation

We don't want to define someone by their experience with suicide; they are more than their suicidal thoughts.

[Name] is feeling suicidal because of...
They took their own life because...

/

Don't speculate on the reason someone may be experiencing suicidal thoughts or the reason they took their own life. Influencing factors can be very complex.

